



City of Rockville • Department of Recreation and Parks

# Walk Rockville Program

## Sign-Up Sheet

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: ☐ M ☐ F

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Home Phone: \_\_\_\_\_

I am registering as a/an:\*

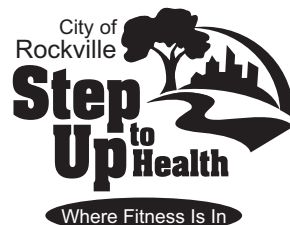
☐ Individual

☐ Group (schools, businesses, community organizations, etc.)

Name of group: \_\_\_\_\_

*\*Awards will be given to individuals and various groups with the most steps/miles walked each year.*

**WALK ROCKVILLE PLEDGE:** I pledge to take steps towards a healthier me, and a healthier Rockville. I will make choices that include walking as an easy part of my daily routine. With the help of this program, I will set and meet personal goals and record my progress. In doing so, I decrease my risk of health problems and do my part to keep healthcare affordable for everyone.



NATIONAL RECREATION AND PARK ASSOCIATION